



Sit up

Fit in Nature

Art. no.: Z6009-0000-010

Dimension: 1165 x 1295 x 1215mm
Foundation: 1400 x 1000 x 300mm

The sit up is a great piece of outdoor fitness equipment that can be used for two different exercises. Together, the sit up is suitable for working the abdominal muscles and the back extensor muscles, while simultaneously stabilising the torso. It is particularly good for strengthening the lower back to prevent back pain.